

the **fce** news

of Michigan

FOR AND ABOUT THE
MICHIGAN ASSOCIATION FOR FAMILY & COMMUNIT
EDUCATION



OUR MISSION

To strengthen individuals, families and communities through education, leadership, and action.

SPRING 2018

FROM THE PRESIDENT



I am hoping you are keeping your brain stimulated while you keep your body warm during this very cold winter. I promised you I would share my knowledge of some brain ailments so in this newsletter we will be learning about Stroke, Transient Ischemic attack (TIA) and Aneurysms.

A stroke happens when blood flow to a part of the brain is interrupted as a result of a rupture or blocked blood vessel. Brain cells that do not receive a constant supply of oxygenated blood may die, causing permanent damage to the brain. There are two types of strokes: Hemorrhagic and ischemic. A hemorrhagic stroke occurs when a blood vessel in the brain ruptures or breaks, allowing blood to leak into the brain. An ischemic stroke occurs when a blood vessel carrying blood to the brain is blocked or restricted by severely narrowed arteries or thickened mass of blood called a blood clot. Fat, cholesterol and other substances can collect on the walls of blood vessels. Over time, these substances harden and form structures called plaque. The build-up of fat deposits and plaque clog arteries, narrowing the passageway for blood. When a blood clot forms in a cerebral blood vessel that is already very narrow, it is called a thrombotic stroke. When a blood clot that has formed elsewhere in the body breaks away and travels to a blood vessel in the brain, the result is an embolic stroke, or cerebral embolism. An embolic stroke may also result from an air bubble or other foreign substance in the blood that moves into and blocks a cerebral blood vessel.

The Transient Ischemic Attack or what many call a TIA is often called a ministroke. The TIA attack may be a warning that you may be getting a stroke within a year. A TIA usually lasts only a few minutes and does not cause permanent damage because the vessel is only blocked for a short period of time. About 1 in 3 people who have a TIA will eventually have a stroke.

Symptoms of a stroke and TIA are: (get to the ER if you think you are having a stroke or TIA) Severe headaches with not known cause, numbness or weakness of the face, arm or leg typically on

one side of the body, confusion and trouble speaking (slurred or garbled speech or difficulty understanding others), trouble seeing in one or both eyes, dizziness, loss of balance or coordination.

Risk factors you cannot change: Family history, age (65), Sex (men have more), Prior TIA's, Sickle cell disease, Race (blacks have more)

Risk factors you can change: High blood pressure (keep it low), High cholesterol (keep it low), diabetes (keep it under control) excess weight (keep under control), don't smoke, exercise 30 minutes a day, eat well (do not eat too much fat and salt) do not drink lots of alcohol and don't do illicit drugs.

Stroke and ITA's are diagnosed by a CT of the head (computed tomography) or a MRI which uses a powerful magnetic field, radio frequency pulses and a computer to produce detailed pictures of the brain.

Now a brain Aneurysm is a serious silent problem. A brain (cerebral) aneurysm is a bulging or weak area in the wall of an artery that supplies blood to the brain. In most cases, a brain aneurysm causes no symptoms and goes unnoticed and may only be found during tests for other conditions. A person may inherit the tendency to form aneurysms, or they may develop because of hardening of the arteries and aging.

Risk factors of a Brain Aneurysm are: Family history, previous aneurysm, women are more likely to develop one, African Americans are more likely than whites, high blood pressure and smoking, Symptoms of a ruptured brain aneurysm (seek emergency service right away your life depends on it). You do not need all of these symptoms! A sudden severe headache, neck pain, nausea and vomiting, sensitivity to light, fainting or loss of consciousness or seizures.

The Brain Aneurysm is diagnosed by a CT, CTA (uses dye), MRA (Magnetic resonance angiography, uses dye), Cerebral angiogram (X-ray using a catheter into the groin to the brain, uses dye)

If the aneurysm is 10 mm they just watch it and make sure you live a healthy life style. If it is large they do surgery by either endovascular embolization or surgical clipping. If the aneurysm has bled in many cases they lead to death or disability.

Keep your brain healthy this year as we would like to see you at your District Meeting or at the Convention that will be held at the McCalmly Plaza Hotel in Battle Creek. October 3-5. The rooms are \$119.00 based on single or double occupancy and subject to applicable state and local taxes in effect at the time of check-in. The maximum number of people per guest room is four. They require a credit card at the time of hotel registration and they do not accept personal checks. They do accept cashier's checks, certified checks, Visa, Master Card, Discover, American Express and cash. If you do not have a credit card you have time to get one. You may cancel reservation, without penalty 72 hours to arrival. One-night room and tax will be charged for early departures. Check in is after 3:00 and check out is noon. All reservations must be made by 9-15-2018 at 12:00 a.m. in order to secure group room rates. Parking is complimentary. All food will be supplied by the hotel and no food or beverage may be removed from the hotel. The committee is in the process of finding workshops and entertainment but if you suddenly have an idea please contact Arlona. If they do not use your idea this year they may use it some other time in the future.

County Presidents please do not forget to send in your FCE New County Officer Forms so we have your address to send you correspondence. Joyce is looking for your educational reports. If you are interested in being a District Director of West U.P., North Central or East Central please get your application in by February 15th. If you are interested in being the Secretary of the FCE Board you have until July 1st to turn in the application. We are down again in membership so if you have any ideas for the board please send them in writing.

You may being some more changes such as a change in the way the convention is being handled. March 1st your Character Counts entries are due to Judith Gereau.

Do not forget that we are still working on Human Trafficking this year.
Kathy Couchene,
MAFCE PRESIDENT

ACWW NEWS

I received an email with lots of attachments from CWC so I want to give you an overview of their contents.

ACWW is requesting that the USA area hold a USA ACWW Area Summit for all ACWW Societies, members and guests. Jo Ellen Almond USA ACWW Area President is putting together a summit for June 24-27 in Indianapolis, Indiana. There is a free airport shuttle to and from the hotel. The cost has not been determined yet because she does not know the number coming. You would arrive on Sunday, they would have a welcome function and then for the next two days they would have educational speakers, panel discussions, some fun hands on projects and lots of friendship growing. If you would like to go, contact her as soon as possible. Her email address is acwwusajo@gmail.com.

The ACWW/USA Area Meeting held in Huntsville Alabama was a huge success. CWC USA selected three possible projects to work on. Their first-choice selection was "Enhancement of Nutritional Health Security through Home Gardens for Dalit (India) Women, second Philippines and Third Bangladesh. CWC needs to raise \$4,475.00 for this project. Information on this subject can be found the cwcusa.org website. There is a project called Zero Hunger where you attach a small bag to an empty water bottle with the poem: "Check your pocket every day for any dimes if you may. To help bring hunger to an end. Fill this little bottle to the brim". The benefits from this campaign will be split between a United States hunger program and ACWW. Funds should be sent to the CWC Treasurer.

The Peace Garden was reintroduced to the members and societies. This is a joint venture between the USA and Canada, please visit the website and find out more information on how you can support this venture. (www.peacegardens.com)

The ACWW office has moved!! Their phone, website and email have stayed the same.

ACWW
A04 Parkhall
40 Martell Road London
SE21 8EN
United Kingdom

The ACWW Triennial Conference is being held April 4-10, 2019 in Melbourne, Australia. If you are interested keep checking their website for information. (www.acww.org.uk) There is a short power point presentation on Australia and Triennial on the CWC website. (cwcusa.org)

Sheila Needham Canada Area President has a project going on but it may be too late for us to participate depending when this newspaper gets to you. They were asking us to send them a piece of fabric along with a story about the scrap of fabric. Donna Henderson from Canada will be making small quilts. They will be auctioned off at the 2019 Triennial conference. The fabric has to be to her by March 2018. If you are interested in donating contact Donna Henderson at donna_ross_h@yahoo.ca. There are underscore lines between donna and ross and ross and h. My computer does not let me change the color of the address so the underscore does not show up.

I hope this gives you a spark to check out the CWC and ACWW website as they have lots of great information and educational information.

Kathy Couchene, MAFCE President

VICE PRESIDENT FOR EDUCATION

Happy 'Soon to be Spring' to everyone. It is the time of year when our counties should be sending me their educational reports on activities they participated in during 2017. The county president should have a copy of the form as well as the mafce.org website, and each study group should send their reports to their county president who will then compile them and forward the reports to me. I know our Bay County group (who is not only our only study club but also our county council) has a goal of putting "EDUCATIONAL REPORTS" on the monthly meeting agenda so that the forms can be filled out each month instead of trying to do it all in January. It will make it much simpler for all of you. National FCE is especially looking to see if we use the Hearthfire series, so try to incorporate some lessons into your monthly meetings. Also participating in the Convention Hearthfire Challenge counts! You may have missed the Feb. 1st deadline for the reports, but send them to me anyway so that I may forward the information to FCE Board members by April. As of this date I have received reports from only four counties, so try to make an effort and get your county reports to me ASAP.

Also, in this issue are the registration forms for all five District Meetings. Please take the time to attend and support FCE at your District Meeting. It will be an interesting program and a day to reunite with other members in your district and to meet state officers. I promise you an education lesson we haven't had before and information you can bring back to your county. I hope everyone had a great holiday season and I look so forward to seeing all of you at your district meeting. Please don't hesitate to approach me and talk. I want to hear your ideas and what you have to suggest.

Your Friend in FCE
Joyce Weiss - VP for Education

DISTRICT MEETING CONTEST

This May, our lesson for the District Meetings will be "WHAT YOU GOT ON UNDER THERE?".... the history of undergarments. It will be both informative and fun, so please come out and join us. If you are attending your district meeting, you can be included in a contest. I am asking those attending to consider bringing a decorated "BRA" for judging. All the bras will be displayed during We attending will have the opportunity to purchase tickets for 25 cents or 5 for \$1.00. Monies collected will go into the general fund to assist with District Meeting expenses. The bras will have containers in front of them and attendees can drop their ticket/s into the container of their favorite. After a tally, the winner will be rewarded prize.....no, not a new bra, but something nice. Hope we can all have some fun with this. See you there.

EAST CENTRAL DISTRICT REPORT

Hope everyone is doing well in this new year.

Our district was well represented at the 2017 Convention in Owasso. We had approximately 14 of our 44 members attend. (We are down to 39 members for 2018). Bay County entered all four poster contests. They received monetary awards for their prize-winning entries. Hopefully, we will have a good turnout at our 2018 convention in Battle Creek. The convention is a wonderful way to meet new friends, greet old friends, and learn new things.

Bay County is busy planning our 2018 District Meeting. It will be held on May 2, 2018 at Grace United Methodist Church. The church is located on Two Mile Road and is very easy to get to. Social hour will be at 9:00 am. Our meeting will start at 10:00 am. Cost is \$17.00 per member or

\$20.00 per non-member. Joyce Weiss is planning an informational as well as educational lesson. Hope everyone can be there.

Bay County has had their annual Card Party fundraiser. It was once again very successful. The monies are donated back to the community. They donated to Coats for Kids, Santa's Cupboard, Beacon of Hope, Books for Babes three area families (monthly), State Raffle tickets, and others. Socializing they have attended a Loons Baseball game as well as the Sloan Museum where they visited the Titanic display.

I assume the rest of our district is keeping busy.

Have a great 2018. Hope to see you at the District Meeting and State Convention.

Mary Lou Wisniewski
East Central District Director

MIDLAND COUNTY OF EAST CENTRAL DISTRICT

Greetings to our fellow FCE members. 2017 was a good year for us with the exception of the loss of our 103-year-old member Olive Deitsch. Olive was in our organization for over 70 years. You can see our tribute to her in this newsletter.

The year started with us doing some serious planning to host the E.C. District meeting 2017. All went well with our presenter being the Chief Meteorologist from the WNEM-TV5 television station.

In August we attended the Gladwin County Extension Services 100th anniversary. It was held as an open house on the lawn of their Court House. There were excellent displays of their history and a good turn out from the community.

In October, three from our group attended the State Convention in Owasso. It was excellent! We came away refreshed and recharged.

Another thing we appreciate are the Hearth Fire Series provided by National. In November, we did the "Autism" lesson in the form of a skit.

We are so pleased that we welcomed a new member. Dora Noble was a member several years ago and found her way back to us.

2018 started with our January meeting being cancelled because of weather - but this is 'Michigan' so we will combine our January and February meetings together to start planning for this year.

Stay happy and healthy!

Carolyn O'Keefe, Midland County President

SMILE

A guy took his brunette girlfriend to her first football game. They had great seats right behind their team's bench. After the game, he asked her how she liked the experience.

"Oh, I really liked it," she replied, "especially the tight pants and all the big muscles, but I just couldn't understand why they were killing each other over 25 cents."

Dumbfounded, her date asked, "What do you mean?"

"Well, they flipped a coin, one team got it and then for the rest of the game all they kept screaming was: "Get the quarterback! Get the quarterback!" I'm likeHelloo? It's only 25 cents.

EAST CENTRAL DISTRICT MEETING

WHEN: Wed. May 2, 2018

TIME: 9:00 am Registration
10:00 am Meeting

WHERE: Grace United Methodist Church (SE corner of Two Mile and Kiesel Rds)
2467 Two Mile Road
Bay City MI 48706

COST: \$17.00 Members \$20.00 non-members

DIRECTIONS: Take I-75 north to exit 164 (Wilder Rd), Turn right onto Wilder Rd and to Two Mile Rd. (Meijer's is on the corner). Turn right onto Two Mile Rd and go just past corner of Kiesel Rd to the church. Driveway is on the left off of Two Mile.

REMEMBER - A BRA DECORATING CONTEST WILL BE PART OF THE DISTRICTS THIS YEAR. PLEASE BRING AN ENTRY IF YOU CAN.

NAME _____
ADDRESS _____
COUNTY _____ PHONE _____
PAYMENT MEMBER \$17.00 _____ NON-MEMBER \$20.00 _____

Make check payable to **BAY COUNTY FCE**

Return registration to: Sharon Rajewski
730 S Huron Rd
Linwood MI 48634

Questions call 989-697-3460

Deadline April 27, 2018

SOUTHEAST DISTRICT MEETING

WHEN: Thurs. May 3, 2018

TIME: 9:00 am Registration
10:00 am Meeting

WHERE: Garden City Presbyterian Church **Elevator and Handicap Parking on
1841 Middle Belt North Side of Church**
Garden City MI 48135

COST: \$17.00 members \$19.00 non-members

REMEMBER - A BRA DECORATING CONTEST WILL BE PART OF THE DISTRICTS THIS YEAR. PLEASE BRING AN ENTRY IF YOU CAN.

NAME _____
ADDRESS _____
COUNTY _____ PHONE _____
PAYMENT MEMBER \$17.00 _____ NON-MEMBER \$19.00 _____

Make check payable to **PAM PARIS**

Contact Person: Betty "Pat" Atkinson 734-721-3599
Return registration to: Pam Paris

30912 Bock Road, Garden City 48135 **Deadline April 27, 2018**

SOUTHWEST DISTRICT MEETING

WHEN: Friday, May 4, 2018

TIME: 9:00 am Registration

10:00 am Meeting

WHERE: Eaton County/MSU Extension Service Building

Public Meeting Room, Lower Level

551 Courthouse Drive

Charlotte MI 48813

517-543-2310

COST: \$16.00 members \$19.00 non-members

REMEMBER - A BRA DECORATING CONTEST WILL BE PART OF THE DISTRICTS THIS YEAR. PLEASE BRING AN ENTRY IF YOU CAN.

NAME _____

ADDRESS _____

COUNTY _____ PHONE _____

PAYMENT MEMBER \$16.00 _____ NON-MEMBER \$19.00 _____

Return Registration to: Nancy Conkey
145 Vansickle Drive
Charlotte MI 48813
Any questions call 517-543-2310

MAKE CHECKS PAYABLE TO: EATON COUNTY FCE

DEADLINE: APRIL 30, 2018

WEST U.P. DISTRICT MEETING

WHEN: Wednesday, May 9, 2018

TIME: 9:00 am Registration

10:00 am Meeting

WHERE: Chocolay Township Hall

1841 Middle Belt, U.S. 41 (Harvey)

Marquette MI 49855

COST: \$16.00 members \$19.00 non-members

REMEMBER - A BRA DECORATING CONTEST WILL BE PART OF THE DISTRICTS THIS YEAR. PLEASE BRING AN ENTRY IF YOU CAN.

NAME _____

ADDRESS _____

COUNTY _____ PHONE _____

PAYMENT MEMBER \$16.00 _____ NON-MEMBER \$19.00 _____

**Directions: Follow U.S. 41/M-28 towards Marquette. At the first stoplight, turn left, (Silver Creek Rd). Immediately turn left into the township hall.

WEST U.P. DISTRICT MEETING (cont.)

Return registration to: Nancy Berta
307 Silver Creek Road
Marquette MI 49855
Questions call 906-249-3097

Make checks payable to: Harvey Homemakers Deadline: May 2, 2018

NORTH CENTRAL DISTRICT MEETING

WHEN: Friday, May 11, 2018

TIME: 9:30 am Registration
10:00 am Meeting

June Owen's cell for any questions or directions 989-619-2764

WHERE: Fred's of Roscommon (989-275-6565)
Lunch Selections

Skinny Freddy

Ebel's ham sandwich, swiss cheese lettuce, tomato, special sauce

Rosco

Smoked turkey breast, provolone cheese, spinach cream cheese,
Lettuce, tomato on grilled sour dough bread

Michigan Salad

Mixed greens, dried cherries, dried apricots, red onion, bleu cheese
Crumbles and raspberry vinaigrette

COST: \$17.00 members \$18.00 non-members

*REMEMBER - A BRA DECORATING CONTEST WILL BE PART OF THE
DISTRICTS THIS YEAR. PLEASE BRING AN ENTRY IF YOU CAN.*

NAME _____
ADDRESS _____
COUNTY _____ PHONE _____
PAYMENT MEMBER \$17.00 _____ NON-MEMBER \$18.00 _____

Lunch Selection (circle one) Skinny Freddy Rosco Michigan Salad

Return registration to: Sheri Drake
4905 Drake Road
East Jordan MI 49727
Any questions call 232-582-3577

**Make checks payable to: Sheri Drake and write "District Meeting" on memo line
Deadline: April 30, 2018**

2017

MAFCE END OF YEAR STATEMENT

		<u>BUDGETED</u>	<u>ACTUAL</u>
Checking Account 12/31/16		\$2,000.00	\$4,490.59
Savings Account @ Credit Union		\$20.00	\$3,035.68
High Yield Savings Account		\$3,100.00	\$20.17
Foundation Money	\$4,064.96		
	TOTAL	\$5,120.00	\$7,546.44
 <u>INCOME</u>			
Interest		\$22.94	\$10.44
Dues based on 254			
9 x 40.00 (Family)		\$205.00	\$451.00
158 x 26.00 (Regular)		\$5,940.00	\$3,672.00
87 x 22.50 (Senior-over 80)		\$2,350.00	\$2,007.50
FCE Sales		\$25.00	\$1.00
Water for All		\$669.79	\$734.09
Coins for Friendship		\$231.04	\$105.17
Intrepid Fallen Heroes Fund		\$208.29	\$111.98
Convention			
Registration		\$12,750.00	\$10,855.00
Tour		\$1,500.00	\$2,058.00
Trade Tables		\$30.00	\$10.00
Game of Chance		\$550.00	\$424.00
Cash Raffle		\$500.00	\$524.00
Mystery Night		\$50.00	\$96.00
District Meetings		\$170.00	\$301.00
Fund Raiser		\$3,955.00	\$3,695.00
Donations from Members		\$900.00	\$673.00
Memorials			<u>\$390.00</u>
TOTAL INCOME		\$30,057.06	\$26,119.18
 TOTAL ASSETS			
		\$35,177.06	\$33,665.62
 <u>EXPENSES</u>			
NAFCE Dues			
9 x 30.00 (Family)		\$150.00	\$330.00
158 x 20.00 (Regular)		\$4,400.00	\$2,720.00
87 x 16.50 (Senior - over 80)		\$1,650.00	\$1,402.50
Water for All (in/out acct)		\$669.79	\$734.09
Coins for Friendship (in/out acct)		\$231.04	\$105.17
Intrepid Fallen Heroes Fund		\$208.29	\$111.98
NAFCE Conference		\$1,400.00	\$0.00
District Meetings		\$300.00	\$217.00
District Directors/mielage (5@\$50)		\$250.00	
Board Meetings		\$1,000.00	
Board Mileage		\$1,000.00	\$693.64

Packets & Resource Materials	\$100.00		
Newspaper - Cost of Printing	\$900.00	\$755.38	
Cost of Mailing	\$600.00	\$483.99	
Membership Outreach (recruiter)	\$100.00	\$150.00	
State Convention Contingency Fund	\$500.00		
State Convention Bd Ex (6x150)	\$1,500.00	\$900.00	
State Convention Ex Bd (5x150)	\$1,250.00	\$750.00	
State Convention Scholarships (10x100)	\$1,000.00	\$900.00	
State Convention 1st Timers (up to \$100 ea)	\$700.00	\$600.00	
Memorial Scholarship	\$0.00	\$150.00	
State Convention	\$12,750.00	\$8,628.86	
International Programs/Mailings	\$25.00	\$0.00	
Historian	\$50.00	\$0.00	
Misc Organization Operating	\$50.00	\$0.00	
President (supplies, postage, phone)	\$150.00	\$68.45	
Past President (ditto)	\$50.00		
Vice President (ditto)	\$50.00		
Secretary (ditto)	\$50.00	\$65.00	
Treasurer (ditto)	\$150.00	\$51.45	
District Directors Ex (5x25)	\$125.00		
Editor (ditto)	\$25.00		
Treasurer Bonding	\$90.00	\$90.00	
Misc. Committee Expense	\$25.00	\$0.00	
Non-Profit Fees	\$20.00	\$20.00	
Tax Preparation/Audit	\$75.00	\$80.00	
Finance Committee	\$0.00	\$0.00	
ACWW Dues	\$105.00	\$99.00	
CWC Dues	\$50.00	\$65.00	
Fund Raiser	\$1,050.00	\$1,050.00	
Foundation Money for Education	\$4,064.96		
Web Site Costs	\$60.00	\$95.86	
Educational Displays	\$200.00	\$400.00	
Program Development (ex Hearth Fire)	\$200.00	\$107.44	
Character Counts	<u>\$150.00</u>	<u>\$150.00</u>	
TOTAL EXPENSES	\$33,409.12	\$21,974.81	
	TOTAL ASSETS	\$35,177.06	\$33,665.62
	TOTAL EXPENSES	<u>\$33,409.12</u>	<u>\$21,974.81</u>
	CONTINGENCY FUND	\$1,767.94	\$11,690.81
TOTAL FUNDS AVAILABLE 1/1/17	\$7,546.44	CHECKING ACCOUNT 12/31/17	\$8,626.30
TOTAL INCOME	\$26,119.18	HIGH YIELD SAVINGS 12/31/17	\$3,044.26
TOTAL EXPENSES	<u>\$21,974.81</u>	SAVINGS ACCOUNT 12/31/17	<u>\$20.25</u>
TOTAL FUNDS AVAILABLE 12/31/17	<u>\$11,690.81</u>	TOTAL FUNDS AVAILABLE 12/31/17	<u>\$11,690.81</u>

GONE BUT NOT FORGOTTEN

Memorial per Midland County



We are saddened at the passing of our dear member Olive Deitsch. She passed away on Christmas Day at the age of 103. Olive was a very active member in our Midland County group for over 70 years. The last few years she was unable to attend meetings but we frequently checked on her so we could report at the next meeting. She worked in the Midland County Extension Services office and was especially involved as the 4-H Assistant of 10 of those years. She still helped with their local group in her 90's. In her church, for many years she made nightgowns to sell at their bazaars. Olive loved to travel which took her to over 34 countries. We benefited from her trips through which she shared at our meetings. At one meeting of all Midland study groups, she did an international program and had various members model costumes of several countries. Olive was such a positive person, we loved her and will miss her so much.

WEST U.P. DISTRICT

I wanted our county to be more active in the Character Counts essay contest and since I have a daughter who teaches at a school a short distance from our house, I went to the school to talk to the school counselor about this program. She seemed very enthused about the program so left all the material to present to the 4th grade class. When I called her later to see how it was going I was very disappointed to hear that no one was interested.

Our group has spent the last couple of meetings planning our District Meeting which is to be held in Marquette County on May 9, 2018 at the Chocolay Township Hall in Marquette.

Nancy Berta
West U.P. District Director

EATON COUNTY SOUTHWEST DISTRICT

Eaton County FCE is a small but active county in the Southwest District. Due to possible road and weather conditions and the fact that many of our members head south for the winter, we do not meet during the months of January or February. At our November meeting of 2017, we planned our year for 2018. Two or three members chose what month they want to host and they are responsible for providing the lunch and getting the speaker or providing the program themselves. The programs are picked at that meeting also. We also select a local charity to support for the year. Last year we chose Crosswalk Teen Center, a non-profit organization that offers teenagers a safe place to congregate after school where they have activities, help with homework and provide food. We enjoyed working with is organization so much that it was voted that we support them for the current year also.

We had six programs in this past year and two outings, one during the summer and one at Christmas. Some of our programs were: Crosswalk Teen Center with speaker Rick Todd, Executive Director; Historical Easton County Paper Project with speakers from the Historical Society; two Hearth Fire Series programs and one program brought back from State Convention put on by Catie Epling. We had several members attend the District Meeting in Calhoun County and five members attend State Convention in Owasso.

We honored two of our members at our annual Christmas luncheon. Judy Good received a 52-year certificate of membership and Marjorie Southworth with her 65-year membership certificate. Marian Tirrell previously received her 65-year certificate also. Congratulation ladies, well done.

We are looking forward to a busy year ahead starting out with our first lesson, "Holding on to the Apron Strings". Other lessons chosen are "Know Your Flag" and "What Presidents Enjoy Eating".

We are also looking forward to hosting the Southwest District Meeting on May 4, 2018. Please plan to come if you belong to the SW District. I can assure you will have a good time.

Nancy Conkey

Eaton County FCE President

CALHOUN COUNTY SOUTHWEST DISTRICT

Last year was one of the busiest years we've had so far in my experience and where did the time go. It went from Spring Event then to our summer money maker Bingo to our Christmas Party. Well that explains where the time went, well almost, let me explain.

Our first couple of months was slow because of the weather in our area, but after that things began to roll. In March, Arlona gave us a nutrition lesson and then gave us handouts to take home and follow to help improve our eating habits.

April came and Joan did two Hearth Fire lessons on number 32 which is 'Can We Talk' and number 34 'Organization to Organization'. We used our new projector and screen for a PowerPoint presentation, which made the program far more interesting with pictures and bullet points for open discussion during the program.

This month also included our Character Counts, which we use the Art & Essay theme this year of Caring. We had many interesting papers to read that the children wrote and pictures to judge. There were three winners at Greyhound Intermediate School and everyone involved received a certificate along with cake and milk. This program is a contest to promote literacy and to show compassion for others, along with community involvement.

Spring arrived and with it came our Spring Event. Door prizes were awarded to everyone, which were birds and bird houses since our theme was Sing into Spring. We had a nice meal and our Heart of FCE was awarded then we had a speaker who told us about our backyard birds in Michigan. It was a fun and enjoyable time for all.

We also have a Books for Newborns this month and we take 100 books to local hospitals to promote literacy in our community. The nurses love the idea of handing these books out to new moms and babies.

Summer is for picnics and that's just what we did at Janet's house. It was pot luck and Joan did a presentation on human trafficking for everyone.

August, we needed to get down to business for our Bingo tent, which is our main money maker at the Calhoun County Fair. We met at Country Kitchen Restaurant and made plans for the Floral

Hall display and the Bingo preparations. It ended up being a profitable year and thanks to all the volunteers, without you we could not have done it. To show our appreciation we gave a dinner to all involved.

The fall weather was beautiful and in September we toured the Kool Center in Battle Creek, it is our local senior center. Then we went to Clara's on the River Restaurant to finish our meeting. During lunch and afterwards we all discussed identity theft and how to avoid it and our own personal experiences we have had with this topic. We especially emphasized the Equifax identity theft and how to see if you were affected.

October, we met at Fredonia Hall and Gloria gave a presentation of her trip to the National Convention June 15-18 in Omaha, Nebraska.

State convention was in Owasso October 4-6, and we had several members attend.

November, Joan and Janet did a make and take of Seed Bombs, to help the local bees and butterflies to pollinate and survive. They showed how to combine clay, compost and seeds into a ball and throw them into the weeds to grow wild flowers and milkweed for our insects to help feed them and protect them.

Last but not least we have our December activities. First, we had our Christmas Party; we had food and the installation of our officers. We were able to donate to three charities this year. They were the Albion District Library, Dolly Parton, imagination library, "MACS"-Marshall Area Community Services and the Charitable Union. We also collect at every Council Meeting for the Pennies for Water project and we able to send our yearly total to the FCE. After that we had a wonderful speaker who is an author and artist in Battle Creek, he won first place in the Art Prize of Grand Rapids last year.

Once again, we do Books for Newborns, not to repeat myself, but we do this twice a year. Along with the books some of the ladies make hats and blankets for the babies. We put stickers in every book and a flyer of the FCE to promote our club.

Now you know just how busy we all were last year, but all the fun we had too. Getting together and sharing our time and stories with one another is a blessing. Cheers to everyone who was able to join us and may your health, family and friends always be with you.

Your friend,

Joan Milhoan, Vice President, Calhoun County FCE

SMILE

In the backwoods Mr. Stewart's wife went into labor in the middle of the night. The doctor was called in to assist in the delivery. To keep the nervous father-to-be busy, the doctor handed him a lantern and said, "Here, you hold this high so I can see what I'm doing." Soon, a baby boy was brought into the world. "Don't be in a rush to put the lantern down, I think there's yet another wee one to come," the doc said. Sure enough, within minutes he had delivered another baby. "Now don't be in a great hurry to be putting down that lantern, young man. It seems there's yet another!" cried the doctor. The new father scratched his head in bewilderment and asked the doctor, "Do ya think it's the light that's attractin' them?"

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REMINDER: If you are interested in being appointed for a state committee chair, contact your State President. She would love to hear from you.

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2018 DATES TO REMEMBER

Feb 1 – FCE newsletter deadline

May 2 – East Central District Meeting in Bay City

May 3 - Southeast District Meeting in Wayne County

May 4 - Southwest District Meeting in Eaton County

May 9 - West U.P. District Meeting in Marquette County

May 11 - North Central District Meeting in Otsego County

June 1 - FCE Newsletter deadline

County Newsletter rotation for reports: Feb 1 – deadline for Southwest and East Central Districts

June 1 – deadline for North Central and West U.P. Districts

Nov 1 – deadline for Southeast District\